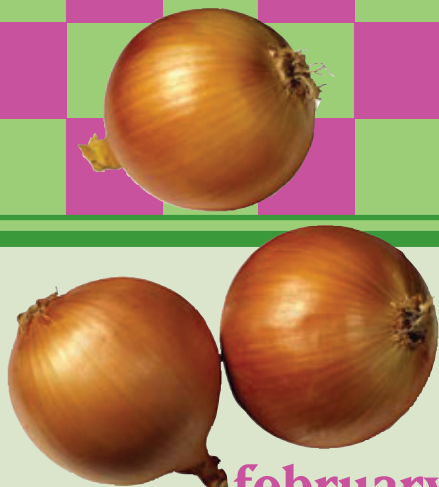




## january

Potatoes are an excellent source of iron, needed for healthy blood.



## february

Onions are high in folate, which may reduce risk of heart disease.



## march

Cabbage is high in vitamin C, which helps reduce the risk of cancer.



## april

Cider, made from apples, is high in vitamins C and A, which help regulate your immune system.



## december

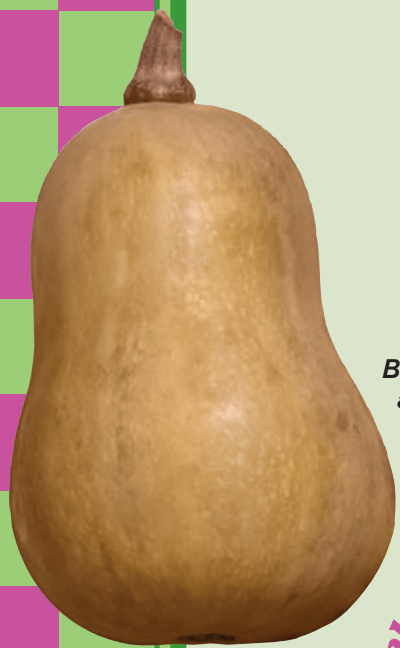
Apples are low in sodium, cholesterol free and high in fiber.

# Locally Grown Food Served Here!



## may

Leafy greens are rich in calcium, which is important for strong teeth and strong bones.



Butternut squash is a good source of vitamin C, which helps prevent heart disease.

## november

## october

Carrots are high in vitamin A which improves vision and helps your body fight infections.



## june

Strawberries are high in antioxidants which are thought to slow the aging process.



## september

Tomatoes are a good source of vitamin A for better vision and vitamin E for healthier skin and a better immune system.

Massachusetts foods are always in season.

MASSACHUSETTS  
**Farm to School**  
PROJECT

413-253-3844  
[www.massfarmtoschool.org](http://www.massfarmtoschool.org)



Massachusetts  
grown...and fresher!™

[www.mass.gov/massgrown](http://www.mass.gov/massgrown)